

The World Has Changed **CAN WE?**

TAKE THE
STEP TO **#RESOLVE**
TOGETHER

Shabbat Mevarchim Elul: Shabbat Resolve Together

We are living during a time of turbulence and uncertainty. Throughout our world, individuals, families, children, adults, communities – all are facing changes in our former familiar lifestyle. Face masks, hand sanitizing, social distancing, quarantine... each new standard and demand can create uncertainty, stress and even changes in our thinking, feeling and relationships. Resolve Together is your personal resource and your family anchor for looking beyond the stresses, and to reflect on the positive ways in which each family has coped. Resolve Together is here to guide families on making continued changes and positive transformation as we adjust to the next phase of adapting to the global health crisis. The tools presented in this initiative are to promote cohesiveness through sharing and validating each one's views and the lessons which they have learned. The first step is geared for a Shabbos meal-time discussion at home. Encourage each member of your family to participate in these reflective explorations:

WHAT KIND OF IMPACT DO YOU FEEL COVID-19 HAD ON OUR FAMILY? ON OUR COMMUNITY? ON YOURSELF?

IN WHAT WAYS DO YOU FEEL THAT OUR FAMILY, WITH NO ADVANCE PLANNING AND NO AWARENESS OF THE WAYS THE PANDEMIC WOULD IMPACT OUR WORLD, COPEDE EFFECTIVELY WITH THE CORONA CHALLENGES?

WHAT POSITIVE, ENDURING GROWTH AS A FAMILY DID WE MANAGE TO ACCOMPLISH DURING THESE CHALLENGING TIMES? WHAT STEPS WILL WE TAKE TO MAINTAIN OUR HEALTHY CHANGES AT HOME?

WHICH CONNECTIONS IN OUR LIFE WERE STRENGTHENED AND HOW? HOW ARE WE BETTER, CLOSER, MORE COMFORTABLE WITH OURSELVES?

LOOKING BACK, WHAT SURPRISED YOU THE MOST ABOUT THE WAY YOUR FAMILY HANDLED THE CORONA QUARANTINE?

THINKING ABOUT THE PAST FEW MONTHS, AS A FAMILY, WHAT ARE YOU MOST PROUD OF?

AS A FAMILY, WHAT WOULD YOU WANT TO HOLD ON TO IN ORDER TO MAINTAIN THAT SENSE OF GROWTH AND PRIDE?